What is claimed is:

1. A video screen assembly for mounting to a vehicle seat, the video screen assembly comprising a fitting for pivotally mounting the video screen to the vehicle seat and wherein the video screen can be adjusted from a first, lower, position of use to a second, upper, position of use.

2. The video screen assembly of claim 1, further comprising a pivoting arm (2) connected to the fitting for rotation about a generally horizontal axis of rotation

3. The video screen assembly of claim 2, wherein the video screen is rotatable, in relation to the fitting, though an angle of 150° to 210° from the first position of use to the second position of use, the video screen assembly further comprising a spring having a spring force opposed to the gravitational force when moving the video screen between the first and second positions.

4. The video screen assembly of claim 3 wherein the video screen can be pivoted upwards from a stowed position into the first, lower, position of use.

5. The video screen assembly of claim 4, wherein the video screen can be pivoted through an angle of 10° to 20° from the stowed position into the first, lower position of use.

6. The video screen assembly of claim 5, wherein the video screen is rotatably supported on the pivoting arm.

7. The video screen assembly of claim 6, wherein the video screen is rotatable about a basically horizontal axis of rotation in relation to the pivoting arm.

8. The video screen assembly of claim 7, wherein the video screen is rotatable through an angle of 150° to 210°, in particular approximately 180°, in relation to the pivoting arm.

9. The video screen assembly of claim 6, wherein the pivoting arm, at its end facing the video screen, comprises a frame, inside which the video screen is rotatably arranged.

10. The video screen assembly of claim 6, further comprising an first articulated joint between the fitting and the pivoting arm and second articulated joint between the pivoting arm and the screen, wherein the first and second articulated joints each comprise a releasable non-positive arresting device.

11. The video screen assembly of claim 10, wherein the first and second articulated joint interact with one another through the use of a torque transmitting device, in such a way that when folding the pivoting arm in relation to the fitting, the video screen is turned through a basically equal angle in relation to the pivoting arm.

12. The video screen assembly of claim 11, wherein the torque-transmitting device comprises a belt drive.

13. A vehicle seat having a head restraint and a back rest having a rear side having an upper edge, the vehicle seat comprising the video screen assembly of claim 1.

14. The vehicle seat of claim 13, wherein the video screen assembly is arranged in the rear side of the backrest in the first, lower position of use and behind the hear restraint in the second, upper position of use.

15. The vehicle seat of claim 14, wherein the video screen is pivotable to a stowed position (D) through an angle of 150° to 210°, in relation to the pivoting arm and can be shifted to a protected position in which the video screen display side is turned towards the rear side of the back rest.